

Gallatin City-County Health Department

Phone 406-582-3100 • 406-582-3120 12 N. 3rd Street • Bozeman, MT 59715 311 W. Main Street • Bozeman, MT 59715

NOROVIRUS ALERT: WASH HANDS THOROUGHLY

- 1) Use soap and warm water.
- 2) Wash for at least 20 seconds.
- 3) Cover your palms, the back of your hands, in between your fingers, and under your fingernails with suds.
- 4) Rub and scrub! It's the suds and the friction that kill germs.
- 5) Use a disposable paper towel to turn off faucet.
- 6) Use a new towel to dry hands and to open the restroom door before you leave.
- 7) Alcohol-based hand sanitizers are not a substitute for hand washing with soap and water. Use hand sanitizers after washing hands.

Report any norovirus symptoms – nausea, vomiting, diarrhea, fever, stomach cramps – to the Gallatin City-County Health Department at 406-582-3100 or 582-3120.